# Chapter 13 Training Basics

PE 308 Theory and Psychology of Coaching

# Chapter 13

A. Benefits of Training

B. Components of Physical Fitness

1. Energy Fitness

2. Muscular Fitness

C. Outcomes of Physical Training

D. Coaches' Role in Physical Training

1. Become knowledgeable about sport physiology and training methods.

2. Determine the physical demands of your sport.

# Chapter 13

D. Coaches’ Role in Physical Training (cont.)

3. Assess the fitness level of the athletes.
4. Design a physical training program.
5. Educate athletes about the training program.
6. Conduct the training program.

E. Training Principles

1. Specificity principle
2. Overload principle

# Chapter 13

E. Training Principles (cont.)

3. Progression principle
4. Diminishing returns principle
5. Variation principle
6. Reversibility principle
7. Individual differences principle
8. Moderation principle

F. Coach’s Fitness